

MYO MUNCHEETM
SMALL DEVICE BIG IMPACT

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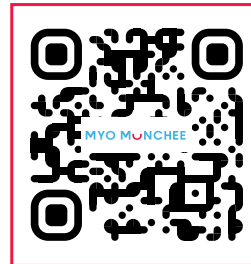
How to use your Myo Munchee

Please read this guide fully before use.

For more detailed information, please familiarise yourself with our instructional videos and educational material on our website:

www.myomunchee.com

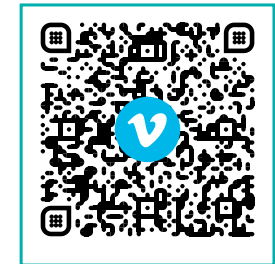
or scan the QR codes below.



Our Website



Facebook



Videos



PLEASE NOTE



If you have an acute TMJ (jaw) disorder do not chew the Myo Munchee. In these cases, only use the Myo Munchee passively or under direction from your Practitioner.

4 basic steps

What to do when you receive your Myo Munchee device.

Consistent daily use of the Myo Munchee is the key to success!

This becomes easier as a routine is established.

Chewing a Myo Munchee can be a strange sensation to begin with and it can take time to adjust.

Start by holding the Myo Munchee in the mouth, with lips sealed, breathing through the nose and swallowing saliva. Start slowly as it can take some time for the muscles and soft tissues of the face to relax. Lips closed is the first step, as it is vital to ensure there is sufficient lip strength before progressing to munching.



1

Rinse your Myo Munchee with fresh water before you begin.



2

Place the Myo Munchee inside the mouth with the indent next to the top lip.



3

Bring the lips together over the Myo Munchee, creating a lip seal, and breathe through the nose.



4

Begin slowly. Hold the Myo Munchee in the mouth for 20 seconds with the lips closed, maintaining a good lip seal.

How to begin

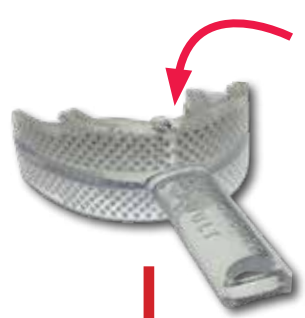
Follow the simple visual pathway below to help establish your Myo Munchee routine. **Increase munching time by one minute each day until you are munching for 10 minutes.** To avoid oral muscle fatigue, build up slowly. Using the Myo Munchee exercises the face and jaw muscles.

...now you can

create your daily **munchee** routine

Connecting the dots around chewing

START WITH THE BASICS

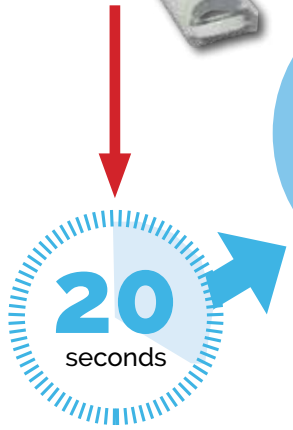


START HERE
Place the Myo Munchee inside the mouth with the indent next to the top lip.



Great lip seal!

Parents, it is essential to supervise your child, **ensuring the lips are together at all times** when using the Myo Munchee.



Things to be aware of

A lot of saliva will be produced when using a Myo Munchee. This is good, as saliva is nature's way of cleaning the teeth and gums. Aim to swallow the saliva while the Myo Munchee is in your mouth. Make sure to always swallow with your lips closed and keep breathing through your nose. It is a great time to read and interact with your child. Chewing, breathing through the nose and swallowing correctly are all essential for optimal growth and function of the face and jaws.



LET'S START MUNCHING

Start Chewing your Munchee for **1** minute
3 x per day for the 1st week

Start chewing your Munchee for **3** minutes every day, 2 x per day



Build up to chewing your Munchee **10** minutes
2 x per day, every day

WELL DONE!
Keep chewing daily!

Care Guide

Your Myo Munchee device will give you fantastic oral care and strengthening benefits.

To make sure you receive the full benefits of the device please follow the instructions for use carefully.

Your Myo Munchee has been made with the highest quality non-toxic silicone and is quality tested before reaching you.

AFTER EACH USE

Rinse the Myo Munchee after use and store with air flow around the device. Rinse before next use.

To sanitise, remove any food debris and pour boiling water over the Myo Munchee and leave to cool. Store away from direct sunlight in an area that allows air circulation around the device.

Please be aware that the Myo Munchee is designed to be both flexible to exercise your jaws as well as strong to withstand the pressures of being chewed.

Your jaws are designed to break down and tear what you chew... so be careful!

Be aware that an imbalance in your jaw can result in abnormal pressure being applied to the Myo Munchee – and this can cause damage.

To extend the life of your Myo Munchee device please proceed with use slowly, closely following the instructions for use and remember...

lips together is essential to receive the full benefit of the Myo Munchee.



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Need help with your Myo Munchee?

The Myo Munchee team is always here to help!

Have a look at our Facebook page for ideas on how to keep it fun and interesting for kids. Simply scan the QR code:



Facebook





Why Myo Munchee?

Primitive cultures were chewing on nuts, seeds, bones and raw vegetables - which was good exercise for the jaw and stimulated bone growth.

The modern processed diet requires little chewing effort.

Chewing assists in the development of jaw, palate and facial structures in children.

The Myo Munchee promotes healthy development of facial muscle strength and encourages nose-breathing.



Oral Developmental Milestones



Oral Developmental Milestones *continued*



From ages 2-4 years we will start to see many of the signs of oral dysfunction become obvious such as:

- open bite
- mouth breathing
- sleep disturbance
- ear issues
- allergies
- oral motor weakness
- sinus congestion
- dribbling
- drooling
- speech issues



Chewing

- Regulates bone growth
- Stimulates saliva production
- Activates muscle tone and function

2 Years

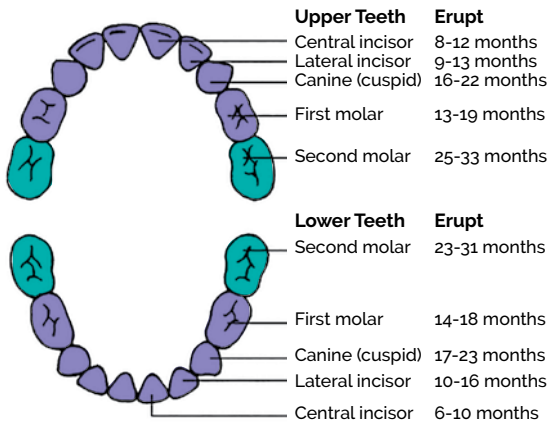
4 Years

Chew with closed mouth

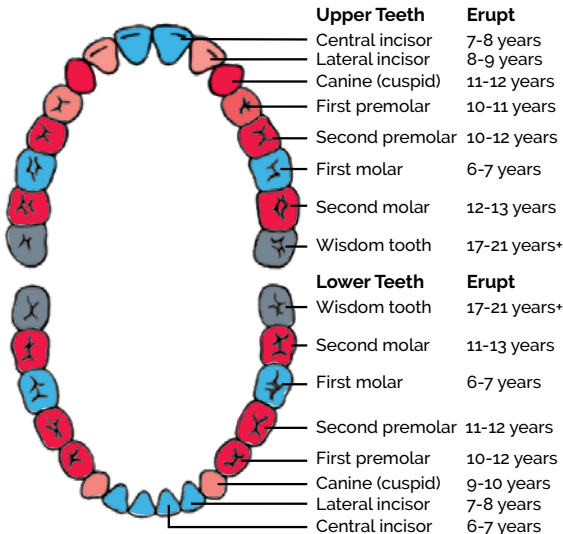
By age 2 years the jaw, lips, cheeks and tongue move independently of each other and the child should be able to manage most foods in bite-sized pieces and can chew with lips closed!

Tongue and jaw movement plays an important role in the shaping of the palate which is essential for proper bone growth.

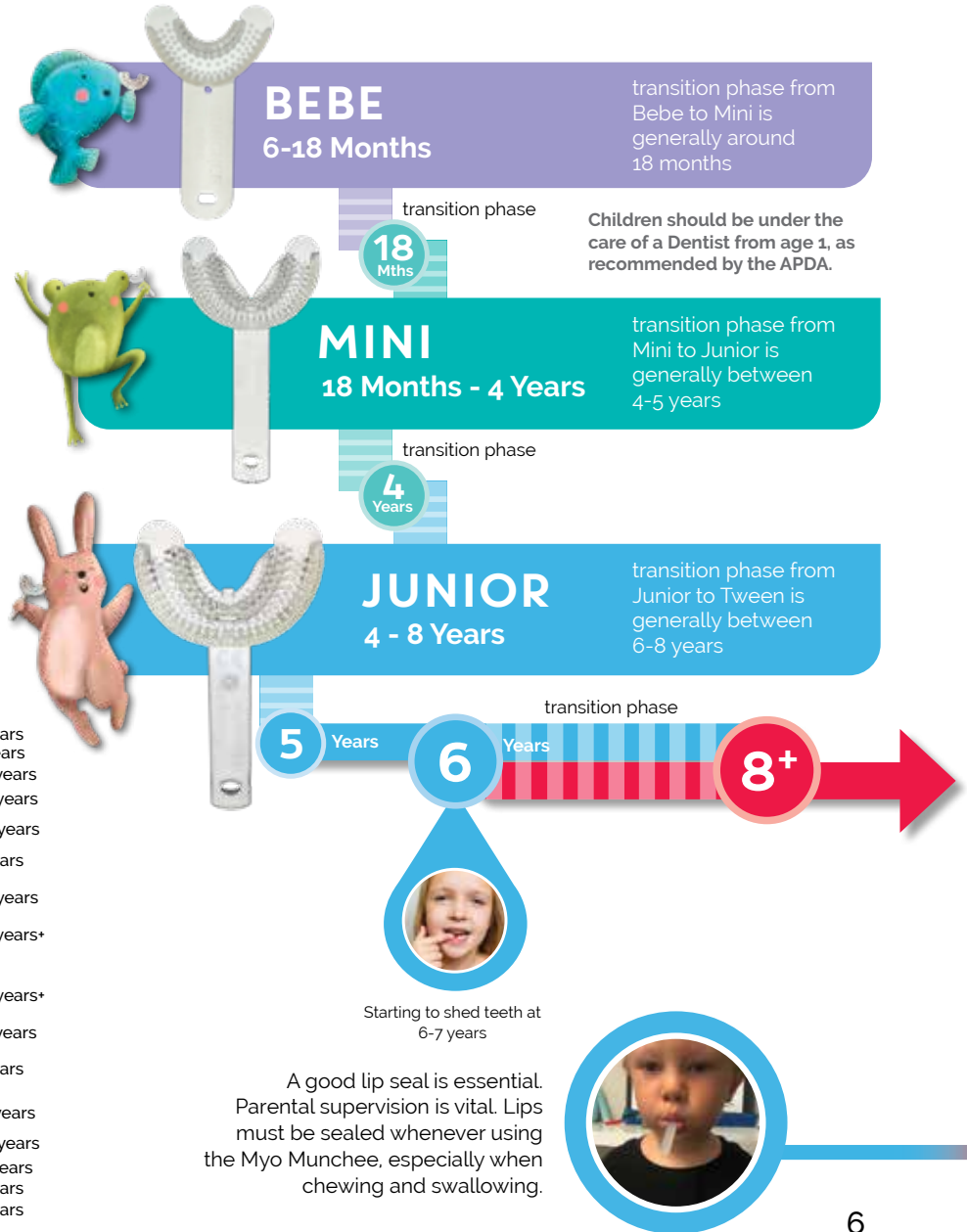
Teeth eruption chart 6 month-4 years of age



Secondary teeth eruption guide 6-12 years of age



Sizing Guide Flowchart



Sizing Guide Flowchart *continued*



Please visit our website for more information on our sizing guide.



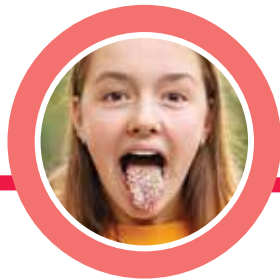
Eruption of 12 year old molars. Between 12-14 years

Benefits for Adults Chewing a Myo Munchee

- Can assist with correct oral posture, swallow pattern, tongue positioning and nasal breathing
- May improve jaw balance and bite (occlusion) and reduce clenching on your teeth
- May improve health and stability of TM Joint by exercising and strengthening the muscles of the face (under the guidance of a practitioner)
- Improve teeth and gum health while you munch as the nodules massage and clean
- Improve muscle tone of your face just by chewing your Munchee - great for the effects of ageing
- May assist to reduce snoring

As our bone density decreases and our muscles lose their strength it may be easier to manage the Myo Munchee Tween rather than the Adult size, especially when chewing and swallowing. Please refer to sizing chart for measurements.

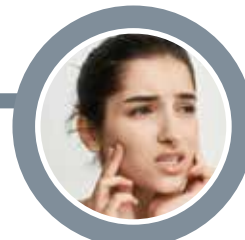
Chewing is an essential function for optimal ageing



Tongue and jaw movement plays an important role in the shaping of the palate which is essential for proper bone growth



Working with collaborative practitioners for best outcomes



Chewing regulates bone growth



Chewing stimulates saliva production



Chewing activates muscle tone and function

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(Operations) Pty Ltd**

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